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Dr. Yashvir Singh *(Agra)*
Dr. Mahesh Bhargava *(Agra)*

Consumable Booklet of EMS-SB

(English Version)

Please fill up the following details : ***Date*** ☐☐☐☐☐☐☐☐

Name _____

Father's Name _____ **Age** _____

Education _____ **Sex : Male** ☐ **Female** ☐

Occupation _____ **Income (per month)** _____

Marital Status : Married ☐ **Unmarried** ☐ **Number of Children** _____

Community : Village ☐ **Town** ☐ **City** ☐

INSTRUCTIONS

In the following pages are given 48 statements about yourself. Five possible modes of responses are provided, such as : *Very much; Much ; Undecided; Probably* and *Never*. Read each statements carefully and mark tick ☑ in ANY ONE of the five alternative response modes to indicate your level of agreement with the particular content of the statements. Do not think too much while answering, whatever you feel may indicate.

Your Responses would be kept confidential.
Please turn over the page and start

Scoring Table

AREA	A	B	C	D	E	Total Score	Emotional Maturity Level
SCORE							

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UG-1, Nirmal Heights, Near Mental Hospital, Agra-282 007

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Sr.No.	STATEMENTS	Very Much	Much	Undeci-ded	Pro-babily	Never	SCORE

PART – A

1. Are you involved in mental botherations.
2. Do you get frightened about the coming situations ?
3. Do you stop in the middle of any work before reaching the goal ?
4. Do you take the help of other person/s to complete your personal work ?
5. Is there any difference between your desires and objectives ?
6. Do you feel within yourself that you are short-tempered ?
7. Do you feel that you are very studborn ?
8. Do you feel jealous of other people ?
9. Do you get wild due to anger ?
10. Do you get lost in imagination and day dream ?

Total Score Part- A

PART – B

11. If you fail to achieve your goal, do you feel Inferior ?
12. Do you experience a sense of discomfort and lack of peace of mind ?
13. Do you teasing against the others ?
14. Do you try to put the blame on others for your lapses ?
15. When you do not agree with others, do you start quarrelling with them ?

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Sr.No.	STATEMENTS	Very Much	Much	Undecided	Probably	Never	SCORE
16.	Do you feel yourself as exhausted ?	☐	☐	☐	☐	☐	▭
17.	Is your behaviour more aggressive than your friends and others ?	☐	☐	☐	☐	☐	▭
18.	Is you get lost in the world of imaginations ?	☐	☐	☐	☐	☐	▭
19.	Do you feel that you are self-centred ?	☐	☐	☐	☐	☐	▭
20.	Do you feel that you are dissatisfied with your self ?	☐	☐	☐	☐	☐	▭

Total Score Part- B ▭

PART – C

21.	Do you have a strained companionship with your friends and colleagues ?	☐	☐	☐	☐	☐	▭
22.	Do you hate others ?	☐	☐	☐	☐	☐	▭
23.	Do you praise yourself ?	☐	☐	☐	☐	☐	▭
24.	Do you avoid joining in social gatherings ?	☐	☐	☐	☐	☐	▭
25.	Do you spend much of your time for your own sake ?	☐	☐	☐	☐	☐	▭
26.	Do you lie ?	☐	☐	☐	☐	☐	▭
27.	Do you bluff ?	☐	☐	☐	☐	☐	▭
28.	Do you like very much to be alone ?	☐	☐	☐	☐	☐	▭
29.	Are you proud by nature ?	☐	☐	☐	☐	☐	▭
30.	Do you shurk from work ?	☐	☐	☐	☐	☐	▭

Total Score Part- C ▭

PART – D

31.	Even though you know some work, do you pretend as if you do not know it ?	☐	☐	☐	☐	☐	▭
32.	Even if you do not know about some work, do you pose as if you know it ?	☐	☐	☐	☐	☐	▭

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Sr.No.	STATEMENTS	Very Much	Much	Undecided	Probably	Never	SCORE
33.	Having known that you are at fault, instead of accepting it, do you try to establish that you are right ?	☐	☐	☐	☐	☐	▭
34.	Do you suffer from any kind of fear ?	☐	☐	☐	☐	☐	▭
35.	Do you loss your mental balance (poise) ?	☐	☐	☐	☐	☐	▭
36.	Are you in the habit of stealing of any thing ?	☐	☐	☐	☐	☐	▭
37.	Do you indulge freely without bothering about moral codes of conduct ?	☐	☐	☐	☐	☐	▭
38.	Are you pessimistic towards life ?	☐	☐	☐	☐	☐	▭
39.	Do you have a weak will ? (self-will or determination).	☐	☐	☐	☐	☐	▭
40.	Are you Intolerant about the views of others ?	☐	☐	☐	☐	☐	▭

Total Score Part- D ▭

PART – E

41.	Do you people consider your as undependable ?	☐	☐	☐	☐	☐	▭
42.	Do people disagree with your views ?	☐	☐	☐	☐	☐	▭
43.	Would you like to be a follower ?	☐	☐	☐	☐	☐	▭
44.	Do you disagree with the opinions of your group ?	☐	☐	☐	☐	☐	▭
45.	Do people think of you as an irresponsible person ?	☐	☐	☐	☐	☐	▭
46.	Don't you evince interest in other's work ?	☐	☐	☐	☐	☐	▭
47.	Do people hesitate to take your help in any work ?	☐	☐	☐	☐	☐	▭
48.	Do you give more importance to your work than other's work ?	☐	☐	☐	☐	☐	▭

Total Score Part- E ▭

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EMOTIONAL MATURITY SCALE

AIM:

To measure the emotional maturity of the subject on different factors like emotional stability, emotional progression, social adjustment, personality integration and independence using the Emotional Maturity Scale.

MATERIALS REQUIRED:

- Emotional Maturity Scale by Yashvir Singh
- Scoring key
- Writing materials

DESCRIPTION OF THE TEST:

The Emotional Maturity Scale was constructed by Yashvir Singh and Mahesh Bhargava. Developing on the factors proposed by Mohsin in his scale, the authors of this scale prepared a list of five broad factors of emotional maturity which are given below:

- Emotional Stability – It refers to the characteristics of a person that does not allow him to react excessively or give in to mood swings or marked changes in any emotive situation. The emotionally stable person is able to do what is required of him in any given situation. The opposite of it is emotional instability which is a tendency to quick changing and unreliable responses.
- Emotional Progression – It is the characteristic of a person that refers to a feeling of adequate advancement and growing vitality of emotions in relation to the environment to ensure a positive thinking imbued with righteousness and contentment. The opposite of this is emotional regression which involves feelings of inferiority, restlessness, hostility, etc.
- Social Adjustment – It refers to the process of interaction between the needs of a person and demands of the social environment in any given situation, so that they can maintain and adapt a desired relationship with environment. A socially maladjusted person shows a lack of social adaptability including hatred, lying, boasting, etc.
- Personality Integration- It refers to the process of firmly unifying the diverse elements of an individual's motives and dynamic tendencies, resulting in harmonious coaction and de-escalation of inner conflict. The opposite of this is disintegrated personality as manifested by phobias, pessimism, rationalization, immorality, etc.
- Independence – It is the capacity of a person's attitudinal tendency to be self-reliant or of resistance to control by others, where he can take his decisions by his own judgement or facts by utilizing his own intellect and creative potentialities. A dependent person shows parasitic dependence on other and is egoistic and lacks "objective interests."

The reliability for the scale was established using test-retest method and internal consistency method. The reliability was found to be 0.75 in test-retest method and 0.42-0.86 in the internal consistency method.

The scale was validated against external criteria using the Gha area of the adjustment inventory for college students by Sinha and Singh. The Gha area measures emotional adjustment of college students. The value was found to be 0.64.

INSTRUCTIONS:

In the following pages are 48 statements about yourself. Five possible modes of responses are provided, such as *Very much; Much; Undecided; Probably and Never.* Read each statements carefully and mark tick in any one of the five alternative responses given. This response must indicate your level of agreement with the content of the statements. Do not think too much while answering. Your responses will be kept confidential.

SCORING:

The items are so stated that the response *very much* yields a score of 5, *much* yields a score of 4, *undecided* yields a score of 3, *probably* yields a score of 2 and *never* yields a score of 1. Add the scores of all the items to get the total raw score. Add the items belonging to different factors to yield the dimension wise score.

INTERPRETATION:

OVERALL SCORE

SCORE	INTERPRETATION
50-80	EXTREMELY EMOTIONALLY MATURE
81-88	MODERATELY EMOTIONALLY MATURE
89-106	EMOTIONALLY IMMATURE
107-240	EXTREMELY EMOTIONALLY IMMATURE

DIMENSION WISE SCORE INTERPRETATION UPTO DIMENSION D

SCORE	INTERPRETATION
1-12	EXTREMELY STABLE
13-25	STABLE
26-37	UNSTABLE
38-50	EXTREMLY UNSTABLE

DIMENSION WISE SCORE INTERPRETATION FOR DIMENSION E

SCORE	INTERPRETATION
1-10	EXTREMELY STABLE
11-20	STABLE
21-30	UNSTABLE
31-40	EXTREMLY UNSTABLE

RESULTS:

Table I shows dimension wise scores, total score and the interpretation of the subject in the Emotional Maturity Scale

DIMENSION/FACTORS	RAW SCORE	INTERPRETATION
Emotional stability		
Emotional Progression		
Social Adjustment		
Personality Integration		
Independence		
Total scale score		

Table II shows total score and interpretation of the group in the Emotional Maturity Scale

S.No.	Subject Initials	Raw score	Interpretation

GENERAL DISCUSSION:

- According to Walter D. Smitson (1974) emotional maturity is a process in which the personality is continuously striving for greater sense of emotional health, both intra-psychically and intra-personally.
- Kaplan and Baron elaborate the characteristics of an emotionally mature person, say that
    - He has the capacity to withstand delay in satisfaction of needs.
    - He has the ability to tolerate a reasonable amount of frustration.
    - He has belief in long-term planning and is capable of delaying or revising his expectations in terms of demands of situations.
    - An emotionally mature child has the capacity to make effective adjustment with himself, members of his family, and his peers in the school, society and culture.

But maturity means not merely the capacity for such attitude and functioning but also the ability to enjoy them fully.

- According to Bernard (1954) following are the criteria of mature emotional

behaviour:

(i) Inhibition of direct expression of negative emotions.
(ii) Cultivation of positive, up building emotions.
(iii) Development of higher tolerance for disagreeable circumstances.
(iv) Increasing satisfaction from socially approved responses.
(v) Increasing dependence of actions.

(vi) Ability to make a choice and not broad about other choices.
(vii) Freedom from unreasonable fear.
(viii) Understanding and action in accordance with limitations.
(ix) Awareness of the ability and achievement of others.
(x) Ability to err without feeling disgraced.
(xi) Ability to carry victory and prestige with grace.
(xii) Ability to delay the gratification of impulses.
(xiii) The enjoyment of daily living.

- Benefits of being emotionally mature
- Consequences of being an emotionally immature person
- Ways to improve one's emotional maturity

INDIVIDUAL DISCUSSION:

- Reasons for the degree of stability across different factors
- Reasons for the degree of maturity in the total scale
- How does the score reflect in the person's character?
- Ways to help the subject transition from low stability/maturity to high stability/maturity

GROUP DISCUSSION:

- The interpretation of emotional maturity of the group based on total score
- Are there any subjects who are at the extreme low end? Write down the initials
- What is the possible reason for this low score?
- How can they improve?
- If there are no low scorers then discuss the reasons for the overall interpretation of the group

CONCLUSION:

1. The subject has total raw score of ____ and is _____.
2. The subject is _____ in emotional stability, ___ in emotional progression, __ in social adjustment, _____in personality integration and _____in independence.
3. The group is _____ in the emotional maturity scale.

Emotional Maturity Scale (EMS)

AIM

To measure the emotional maturity of subject by the help of EMS made of Dr Yashir singh and Dr Mahesh Bhargava

INTRODUCTION

Emotional maturity is when someone can manage their emotions no matter their circumstances. They know how to respond to tough situations and still keep their cool.

a high and appropriate level of emotional control and expression

BASIC INFORMATION

NAME Paavnee
GENDER Female
EDUCATION QUALIFICATION 12th
AGE 17

MATERIAL REQUIRED

EMS (Emotional Maturity scale) question cum booklet

EMS Manual

Writing Material

INSTRUCTIONS

There are few questions in the questionnare which check that subject Emotional maturity scale.
There are 5 categories

A (emotional Unstability) Contain 10 questions
B (emotional Regression) Contain 10 questions
C (Social Maladjustment) Contain 10 questions
D (Personality Disintegration) Contain 10 questions
E (Lack of Independence) Contain 8 Questions

Total no. of question is 48. All you need to do is (✓) the option which is most suited to you. you can choose only one option as the right answer for each question

OBSERVATIONS

1 [redacted] The subject was found to be relaxed and comfortable. She was willing to take the test and curious to know the result. The subject was found to do the test in a systematic manner.

SCORING

Scoring given like

Alternative no	V. much	Much	Undecided	Probably	never
Score	5	4	3	2	1

Interpretation of scores

Scores	Interpretation
50 - 80	Extremely stable
81 - 88	Moderately stable
89 - 100	Unstable
107 - 240	Extremly Unstable

Categorised in Five

Sr. No.	Areas	Total no. of Items
A	Emotional Unstability	10
B	Emotional Regression	10
C	Social Maladjustment	10
D	Personality Disintegration	10
E	Lack of Independence	8
	TOTAL	48

RESULT & DISCUSSION

Area	A	B	C	D	E	Total
Score	31	20	24	17	20	112

Interpretation

The aim of the subject is to measure the emotional Maturity scale of the subject

A (emotional Unstability) The subject score in this area is 31

B (emotional Regression) The subject score in this area is 20

C (Social Maladjustment) The subject score in this area is 24

Teacher's Signature _____

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